

## Granola & Apple Compote Bowl

SERVES 4

Pillar of Nutrition: Be Sugar Smart

### Granola Topping

- 1 ½ Tablespoons cooking **oil**
- 1 cup **oats**
- ⅓ cup **apple juice**
- ⅓ cup **unsweetened coconut**, shredded
- ¾ teaspoon **cinnamon**
- ¼ cup **sunflower** or **pumpkin seeds**
- Pinch -⅛ teaspoon **salt**

### Apple Compote

- ⅓ cup **water**
- 3 medium **apples**, diced ½ inch
- 1 Tablespoon **flour**
- ¾ teaspoon **cinnamon**
- 3 Tablespoons **apple juice**, divided
- ½ cup **dried fruit** (**raisins, berries, cherries, cranberries**, etc.)
- 1 cup plain yogurt (optional)

### Variations to Try

- Use pears instead of apples, or a combination of both
- Try adding walnuts, almonds or pecans to the granola.

### Something to Chew On

- Where do coconuts and cinnamon grow?
- Be aware of hidden sugar. Learn how to read nutrition facts and ingredient lists
- Are seeds good for you?

### Granola Topping

1. Preheat the oven to 350 degrees.
2. Combine the **oil** and the **oats** in a medium bowl. Stir in ⅓ cup **apple juice** to combine.
3. Place mixture in an even layer on a cookie sheet lined with foil or parchment paper.
4. Bake for 5 minutes. Remove the pan from the oven and stir in the **coconut flakes, seeds, cinnamon, and salt**.
5. Bake for another 7 - 10 minutes until the **oats** and **coconut** are light brown.
6. Remove the mixture from the oven and set aside to cool until ready to use.

### Apple Compote:

7. Dice the **apples** into ½-inch cubes
8. Combine the **water**, diced **apples, flour, cinnamon** and 2 Tablespoons of the **apple juice** in a medium pot.
9. Simmer on medium-low heat for approximately 5 minutes, stirring occasionally.
10. Add the remaining Tablespoon of **apple juice** and the **dried fruit** and continue to simmer for another 5 to 7 minutes.
11. Add more **juice** or **water** as needed to prevent drying /sticking and simmer until the apples are soft. Remove from heat.
12. To serve: place one fourth of the **fruit compote** on the bottom of a bowl, top with one fourth of the **granola** and ¼ cup of **yogurt**.